



# The Journal

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September 5, 2013



Walter Reed National Military Medical Center photo

**Rear Adm. (Dr.) Alton L. Stocks, Walter Reed National Military Medical Center (WRNMMC) commander, receives his annual flu immunization at WRNMMC last fall.**



U.S. Navy photo by Jacob Sippel/Released Navy Medicine Live

**Lt. Cmdr. Michelle Kee, mother of 6-month-old Cameron Kee, holds her infant as Hospitalman Roderick Hinds gives an immunization shot.**

## Immunizations Help Ensure the Health of Everyone

**By Monica Peele  
Vaccine Healthcare  
Centers Network  
Walter Reed  
National Military  
Medical Center**

Vaccines are important to help ensure the health of everyone, and it's always important to make sure your immunizations records are up-to-date.

Vaccines to prevent childhood illnesses are an ongoing success story and one of the greatest medical legacies of the 20th century. Immunization

has led to the eradication of smallpox and rendered diseases such as diphtheria, tetanus, poliomyelitis, measles, mumps, and rubella increasingly rare. But it is still reasonable to ask whether it's really worthwhile to keep vaccinating. According to Col. Margaret Yacovone, medical director of Immunizations at Walter Reed National Military Medical Center (WRNMMC), the answer is a resounding "yes."

Many people no longer see reminders of the severity and po-

tential life-threatening complications of these diseases. Recent outbreaks of vaccine-preventable diseases such as pertussis (whooping cough) show that even vaccinated people are at risk for disease if there is not adequate vaccine coverage in the population. Since vaccines are generally given to healthy persons to prevent disease, a higher standard of safety is generally expected of vaccines than of other medical interventions.

Innovations in technology and manufac-

turing, ongoing monitoring of vaccines and continuous assessment of immunization benefits and risks has led to ever-increasing safety and efficacy. We need to protect our future generations through vaccination. Without vaccination, diseases that are almost unknown could stage a comeback.

Vaccines have saved more lives and prevented more disease than anything in the last century, according to the Centers for Disease Control and Prevention (CDC).

Retired colonel, Dr. Limone Collins, deputy director for Vaccine Healthcare Centers Network, stresses the importance of understanding that vaccines are prescription drugs and although vaccines are approved by the Food and Drug Administration (FDA), there are risks. However, the benefits outweigh the risks. "The unique aspect of vaccination is that it gives us the ability to both impact our personal health and at the same time have a positive effect on our surrounding

community," Collins said.

Safety is a top priority for persons administering vaccinations, and the goal is to minimize the risk and prevent the spread of disease, Collins explained.

People are encouraged to keep the following tips in mind during National Immunization Awareness Month and always.

### **Keeping Record**

Accurate immunization record keeping is vital for the safe ad-

See **VACCINE** page 7



# Commander's Column

I usually write these columns at the last minute. Some would call it procrastination but I like to think of it as waiting for inspiration to strike .... which typically happens. This one is different though. Sure, I still wrote it the day before it was due to the publisher, but this time it was because I truly did not want to write it. This is my last Page 2 as the commander of Naval Support Activity Bethesda (NSAB) and one of the last things I will do as an officer in the United States Navy.

I've been fortunate enough to have had a lot of great assignments in my career and I'm going to miss putting on the uniform every day. But what hits closer to home is that I will miss coming HERE. Being a commander is rewarding, being a commander here is special.

Since I've been in the military, I've heard words and sayings like "honor courage and commitment," core values," and "service before self." If you've been around for any length of time at some point you've probably questioned whether we just pay lip service to those terms. But here, at NSAB, you see it lived every single day.

I see it lived by our wounded warriors through both the sacrifices they've already made and the way they continue to move forward in the face of unimaginable challenges.

I see it in the staff throughout the campus who seem to go above and beyond every single day ... treating patients, educating providers and making the world a better place one interaction at a time.

And I see it in the Sailors and civilians who work for me directly.

If you've worked around me, you've probably heard me compare my job to that of running a theme park. We've



even had Disney provide our team with customer service training. I never say this to trivialize what we do; I say it because much like a theme park, we've got one chance to make an impression on our "guests" and much like a theme park, it's all of the people working behind the scenes that can make or break it. For the

last two years, I've been working at a place where I'm immensely proud of the work I'm/we're doing here.

Having had my command called "Walter Reed" (that's one of my TENANTS) more times than I can count, it is more than a little ironic that ultimately what I want to say is that "what you do matters." It really, truly, matters. It has been immensely rewarding playing a small part in all the amazing things that have happened on this installation every day. It is easy to take these amazing accomplishments for granted because of the culture of excellence that oozes from the command of this special place, but they are amazing nonetheless. I'm going to miss the people and I'm going to miss being part of something so special. So thanks to each and every one of you for what you do every day and the support you have given me in this role.

And for those of you wondering what I'll be doing next, for the foreseeable future, I will be a stay-at-home dad. So ironically, the theme park metaphor is particularly appropriate ... at least my kids want me thinking about theme parks! Fare winds and following seas. - "Fritz"

**All Ahead Full,  
Capt. Frederick (Fritz) Kass  
Naval Support Activity  
Bethesda  
Commanding Officer**

## Bethesda Notebook

### Sept. 11 Observance

A Sept. 11 observance, "9/11 Remembrance: Bringing Healing to Our Families and Nation," will be held Wednesday at 7 a.m. in Building 17's gymnasium. The guest speaker will be Chaplain Bob Wyatt and the New Life Youth Choir of Wyomissing, Pa., will perform. A complimentary breakfast is scheduled to be served and everyone is invited to attend. For more information, call Walter Reed Bethesda's Department of Pastoral Care at 301-295-1510.

### Freedom 5K

Naval Support Activity Bethesda Freedom 5K will be on Sept. 11 beginning at 11 a.m. at the Navy Exchange (NEX) Bethesda. Registration for the event is scheduled for Sept. 7 from 11 a.m. to 3 p.m. at NEX Bethesda. Registration can also be accomplished at <https://nsabfreedom5k.eventbrite.com/>.

### Prostate Cancer Support Group

The Walter Reed National Military Medical Center Prostate Cancer Support Group meets twice in Sept. 19, in the America Building River Conference Room, third floor of the America Building adjacent to the Center for Prostate Disease Research. The day session is from 1 to 2 p.m., and from 6:30 to 7:30 p.m. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

### 'Ask Your Leadership'

'Ask Your Leadership' is a new staff communication tool for you to view and post questions or comments for official responses from the Walter Reed Bethesda command leadership. The tool is on the WRB Intranet page. Click on the Town Hall/Leadership Forum icon, and then click on 'Ask Your Leadership'.

### Free Financial Counseling

Free financial coaching for all service members, federal employees, contractors and family members is available at the Fleet and Family Support Center (FFSC) in Building 11. Assistance is available to analyze your credit report or credit scores, discuss retirement (Thrift Savings Plan) options, and create a budget. To schedule an appointment, or for more information, call 301-319-4087, or email [ffsc@med.navy.mil](mailto:ffsc@med.navy.mil).

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# New Students Welcomed to USU School of Medicine

By Ryan Hunter  
NSAB Public Affairs  
staff writer

With their right hands raised high, student service members took their first Hippocratic Oath, marking their induction into the F. Edward Hébert School of Medicine Friday, August 30.

These students will spend the next four years studying medicine at the Uniformed Services University of Health Sciences (USU) tuition free. Not having to worry about student loan debt allows students to “focus on studying, learning and caring for patients,” said Deputy Vice President for External Affairs and Alumni Affairs Director, Sharon Willis. This opportunity “relieves a huge burden on students,” especially considering the average private medical school education cost is more than \$300,000 per year according to the American Medical Student Association.

In exchange for a tuition free education, students are required to join a branch of either military or public health service. Roughly 50 percent of enrolled students are in the Army, about 45 percent are comprised of members from both the Air Force and Navy and 5 percent are members of the Public Health Services. Upon graduating from USU, alumni are required to commit to practicing medicine in their selected service.

“[Students spend] seven years practicing medicine in a federal health system, where every patient is guaranteed access to care and their medication, labs, radiology and consultations are paid for. When a patient is hospitalized it doesn’t bankrupt them. The government provides for doctors malpractice fees, and overhead costs. Their job is to

practice medicine, not learn the business of medicine or spend four hours at night trying to get reimbursement from 15 different insurance companies. There’s a tradeoff for coming to a tuition free medical school but that can be an advantage,” said Lt. Col. Aaron Saguil, the asst. dean of recruitment and admissions.

After their seven year obligation, alumni are allowed to leave the service. However, according to Willis, “70 to 75 percent of school graduates continue as active duty after their obligation has ended.”

The 107 new students will become a part of a skilled, diverse cadre based in no small part to the USU open enrollment policy. “About 68 percent of this year’s class has no prior service history,” said Willis. “Our students are a mix of folks directly from universities without any prior experience in the military at all, as well as prior service enlisted and prior service officers [who don’t necessarily] come from the medical field.”

“We’re looking to make sure that our student body is representative of our force from the standpoint of geographic diversity as well,” said Saguil. In addition to varied economical, racial, and geographical backgrounds, “we try to look at their attributes, like service orientation and experience.” However, USU is under no obligations to achieve quotas for specialty demographics. “Anybody that comes to this school came here on their merit,” stresses Saguil.

The cadre size also affects student’s studies, leading to a more intimate and cooperative learning environment. “Most [of the practicing military physicians] know each



Photo by Ryan Hunter

**Acting Dean of the School of Medicine, Col. (Dr.) John E. McManigle leads the class of 2017 in the Hippocratic Oath in the Uniformed Services University courtyard.**

other, work with each other or took care of a family member. Since we all form part of that very small cadre, we know that we have to help each other to be the best physicians we can possibly be, and that works its way down to the students,” said Saguil, who cited the alumni cadre as only having about 10,000 practicing doctors.

William Gilliland, associate dean for medical education, continued to describe the school as one where students “cooperate and graduate.”

New students in attendance for the ceremony were eager to begin their studies. “We have a hospital literally five minutes away walking distance [and that affords us a] lot of patient interaction. I love that aspect of this school,” said Air Force 2nd Lt. Khang Lu.

Navy Ensign Abigail Axel hopes the school will help her achieve her dream of serving aboard the USS Mercy or the USS Comfort, the Navy’s two largest hospital ships. Army 2nd Lt. Thomas Guilder wants to use his experience at USU to aid wounded warriors

through academic research medicine, with a focus in prosthetics and Traumatic Brain Injury.

In 2017 the incoming class will graduate,

benefitting from the schools 98.4 percent graduation rate, and take their place among a distinguished body of alumni, including physicians to the presi-

dent, surgeon generals and astronauts. “There is no end to the types of assignments that our graduates have. It’s amazing,” said Willis.

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# DiLorenzo Clinic Sailor Earns Ambassador Status

By Natalie Hedrick  
DiLorenzo TRICARE  
Health Clinic

Hospital Corpsman 3rd Class Lawrence Acheampong, a DiLorenzo TRICARE Health Clinic (DTHC) lab technician, has been selected as a career ambassador for the American Society of Clinical Pathology (ASCP) for 2013-2014.

As a career ambassador Acheampong will mentor pre-college students and encourage their interest in the sciences. The program aims to raise awareness of the laboratory professions among high school students.

Annually, a board of ASCP leaders selects career ambassadors based on candidates' work ethic, education

and experience. Acheampong was one of more than 300,000 laboratory professionals the board considered for the position, before they selected 40 ambassadors nationwide.

"It hasn't hit me yet," Acheampong said. "It's starting to because I'm getting a lot of calls from my commanders congratulating me. It is a big honor."

According to ASCP officials, the career ambassador program's goal is to expose pre-college students to "the critical role that laboratory professionals play as members of the health-care team and in delivering patient care."

Career ambassadors are responsible for preparing their own

presentations and for making arrangements for their own classroom presentations. They must complete a minimum of five presentations during the school year, according to the ASCP. To be ASCP career ambassadors, candidates must be a member of and certified by the ASCP, a graduate of a National Accrediting Agency for Clinical Laboratory Sciences or Commission on Accreditation of Allied Health Education Programs laboratory science program, and have graduated with at least a cumulative 3.0 grade point average (on a 4.0 scale).

The DiLorenzo TRICARE Health Clinic is a sub-command and sub-clinic of Walter

Reed National Military Medical Center. Its staff provides outpatient and preventive medical care to military beneficiaries, primarily those assigned to the Pentagon, and first echelon emergency support at the Pentagon while promoting personal and professional readiness of the DTHC team. It became the first military clinic staffed by members of all military medical services and named a TRICARE clinic in February 2000.

For more information about the DTHC, visit [www.dthc.capmed.mil](http://www.dthc.capmed.mil), the DTHC facebook page, or Natalie Hedrick at 703-692-8564 (Natalie.p.hedrick.ctr@health.mil).



Photo by Natalie Hedrick, DiLorenzo TRICARE Health Clinic

**Hospital Corpsman 3rd Class Lawrence Acheampong, a DiLorenzo TRICARE Health Clinic lab technician, looks at blood smears through a microscope in the clinic's lab recently, at the Pentagon. Acheampong has been selected as a career ambassador for the American Society of Clinical Pathology for 2013-2014.**

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# Walter Reed Bethesda Celebrates Women's Equality Day

By Bernard S. Little  
WRNMMC Journal  
staff writer

Celebrating the 93rd anniversary of the ratification of the 19th Amendment to the U.S. Constitution, Walter Reed Bethesda hosted its annual Women's Equality Day observance on Aug. 29 in the America Building atrium.

Nationally, Women's Equality Day is Aug. 26, commemorating when Congress certified the 19th Amendment, giving women the right to vote, in 1920.

"This historic event was the culmination of a massive civil rights movement that spanned decades," said Staff Sgt. Andrea Hartline, of the Bethesda Multicultural Committee. The committee sponsors programs celebrating diversity at

Walter Reed National Military Medical Center (WRNMMC).

Sgt. 1st Class Jason Zielske, equal opportunity advisor and chair of the Bethesda Multicultural Committee, added, "The 19th Amendment reaffirmed that America is a place where anything is possible and where every person is entitled to the full pursuit of happiness. Women's Equality Day not only commemorates the passage of the 19th Amendment, but also how women directly influenced American history, society, and culture."

Hospital Corpsman 1st Class Tiffany Arroyo agreed, explaining the women's suffrage movement in the United States not only led to the passage of the 19th Amendment, but also served as a catalyst for the pursuit

of equal rights in other areas, including in the workforce and military.

"During World War II, the most successful recruiting tool in American history was the strong, bandana-clad Rosie the Riveter. She was the most iconic image of a working woman," Arroyo said. "Her creation represents a page of the United States' story and celebrate women's journey toward equality. Between 1941 and 1945, more than 200,000 women served in the U.S. military, while over 6 million flooded the American workforce. Women were given the opportunity to accomplish many things that only men alone had [been given the opportunity to achieve]."

Zielske said the 19th Amendment was "the product of profound



Photo by Bernard S. Little

**U.S. Army Band Downrange members Sgt. Maj. Mercy A. Diez (left) and Sgt. 1st Class Christal J. Rheams perform during Walter Reed Bethesda's annual Women's Equality Day observance on Aug. 29 in the America Building atrium.**

struggle and determined hope."

The U.S. Army Band Downrange also performed at last week's Walter Reed Bethesda's observance of Women's

Equality Day, and its performers saluted women and all those in the armed forces in songs and words as well.

"We thank all the

wonderful women, and all of our armed services members, who serve and make this nation great," said Master Sgt.

See **EQUALITY** page 7

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# Walter Reed Honors Local Police

By Sharon Renee Taylor  
WRNMMC Journal  
staff writer

Rear Adm. Alton L. Stocks, Walter Reed National Military Medical Center (WRNMMC) commander, recognized 21 Montgomery County Police Department officers.

Two Montgomery County Sheriff's Office deputies, and two Maryland State troopers were honored August 27, for their support in the relocation of the last patients from the former Walter Reed Army Medical Center (WRAMC) to the then National Naval Medical Center (NNMC). This historic move took place in the wake of Hurricane Irene.

"I'm here to say thank you for your part in moving the warriors," Stocks said.

On the two-year anniversary of the historic move, the commander of the nation's largest military medical center presented the 25 law enforcement officers with letters of appreciation at Montgomery County Police Department Headquarters in Gaithersburg, Md. He cited their volunteer efforts that assisted the safe transport of 18 patients from intensive care and medical/surgical units at WRAMC to NNMC.

The patients were sched-

uled to move from the 102-year-old Army medical center in Washington, D.C., on Aug. 28, 2011, as it prepared to close its doors for the last time because of Base Realignment and Closure.

"We moved it all up a day because we had the hurricane coming through," Stocks said. "But you guys did it. You made it happen."

He explained the significance of the Aug. 27 moving day.

"That marks, in our history, the closure of WRAMC, and with that closure was really the standing up of the command we have now, the Army-Navy command," Stocks said. "That day, which is two years ago today - what you did for us - is a significant day in Army medicine and Navy medicine."

When officials rescheduled the mass patient transport a day earlier than originally planned due to the tropical cyclone, the law enforcement agencies were able to rearrange schedules on short notice to support the change.

"I was the first one to raise my hand for the assignment," explained Montgomery County Deputy Sheriff Van Vaughn, a retired sergeant first class who spent 22 years in the Army and deployed to Afghanistan in 2002. "It was an honor."



Photo by Sharon Renee Taylor

**From left, Maryland State Troopers A. Kolle and Joseph Ekani; Rear Adm. Alton L. Stocks, commander of Walter Reed National Military Medical Center; Montgomery County Sheriff Darren M. Popkin; and Montgomery County Police Chief Tom Manger attend a ceremony honoring 25 local police officers who supported the historic move of the last patients at Walter Reed Army Medical Center.**

Vaughn wasn't the only military veteran to help transport the nation's heroes. His colleague, Deputy Sheriff Clarence Ingram, a former Marine corporal, volunteered to help. Police officers without military service answered the call to assist as well.

"Everybody had a purity of purpose for this assignment," explained Detective Dane Onorio, with the Fam-

ily Crimes Division of the Montgomery County Police Department. "It was a privilege to help them."

Police Lt. Robert McCullagh, deputy director of traffic for the Montgomery County Police Department helped coordinate officers to ensure the 11 ambulances transported patients without interruption along the 5.4 mile route between Washington, D.C., and Bethesda, Md. All 18 patients

were relocated in a total of 96 minutes with zero staff or patient mishaps, according to WRNMMC officials.

"We were escorting heroes," explained Montgomery County Police Department Chief Tom Manger. "There was no shortage of officers [who] really wanted to be a part of this detail and we were honored to do it."



Courtesy graphic

By Rabbi Risa Weinstein  
WRNMMC Pastoral  
Care Department

The High Holidays, which begin this year in early September, consist of Rosh Hashanah, the Jewish New Year and Yom Kippur, the Day of Atonement. Although there are elements of celebration to Rosh Hashanah

## The Start of A Good and Sweet New Year

and Yom Kippur, they are serious times focused on emotional growth and spiritual well-being. The High Holidays require the ability to be self reflective, the humility to admit one's mistakes, and the courage to ask for forgiveness.

One of the most important parts of the High Holiday season is to go through the process of teshuvah. Teshuvah means "to repent" and "to return." There are two types of teshuvah: teshuvah between a person and his fellow man and teshuvah between a person and God. For wrongs committed against other people, Judaism teaches that only those who have been aggrieved can forgive. Therefore, it is important to contact those we have wronged and

attempt to make amends. For wrongdoings committed against God, we make amends through teshuvah (returning) to God, engaging in tefillah (prayer) and giving tzedekah (charity).

The liturgy on the High Holidays acknowledges that life is often painful and sad. A High Holiday prayer entitled Unetanetokef states that while the New Year will bring success and health for some, it will also bring illness and death to others. The Unetanetokef prayer reminds us that by engaging in teshuvah (returning to God), tefillah (prayer), and tzedekah (charity), we are able to mitigate the severity of our pain. We all will have times of suffering in our lives; no one is immune

or exempt from ill health or even death. However, our pain can be alleviated if we use prayer to turn to God for solace. Similarly, when we focus on others through charity and acts of compassion, our pain, even when severe, can be lessened.

In addition to a distinctive liturgy, there are special customs that add meaning to these holidays. On Rosh Hashanah we eat apples and honey to express our hope for a sweet new year. The Rosh Hashanah prayer service is peppered with blasts of the shofar, a ram's horn. The blasts of the shofar serve as a wake-up call, inspiring those who hear it to repent. On Yom Kippur, Jews refrain from eating, drinking, wearing leather shoes, bathing and

engaging in sexual relations. Such self-denial forces us to focus on our spiritual, rather than physical selves.

This year, Rosh Hashanah began at sundown on Wednesday, September 4 and ends at sundown on Friday, September 6. Yom Kippur begins at sundown on Friday, September 13 and ends at sundown on Saturday, September 14. For those celebrating the High Holidays, I wish you a Shanah Tovah U'metukah, a "Good and Sweet New Year." For the entire Walter Reed Bethesda community, I pray that this will be season of renewal, one in which we are blessed with the fortitude to work towards reconciliation with others and, for those who are so inclined, with God.



## Mini Luau at the Warrior Cafe



Photos by Master-at-Arms Seaman April Beazer

**Recently Naval Support Activity Bethesda's Morale, Welfare and Recreation hosted a Mini Luau Lunch at the Warrior Café where hula dancers showed their heritage with classic and modern hula dancing.**

## VACCINE

### Continued from 1

ministration of vaccines. Vaccines are administered in many different healthcare settings and record keeping may vary between institutions, however standard elements should be part of any vaccine documentation. Standard documentation should include: vaccine type, date given, route, site, lot number, whether a Vaccine Information Statement (VIS) was received, and the vaccinator's signature. Patients are strongly encouraged to keep a copy of their vaccination record for themselves and their children. This individual record can help remind individuals when their next vaccine is due and also serves as an easy record of proof of immunization status for daycare, school, and work. Keeping accurate records can help prevent repeat vaccinations. If you cannot locate your personal immunization record, sometimes a blood test may be arranged to determine your immunity.

### Proper Screening

Screening is one of the most essential elements of immunization safety. Before patients receive an immunization, they should be properly screened to determine their current health status and if they have any contraindications for a

particular vaccine. Patients should also be given a VIS and understand vaccine(s) risks and benefits before they receive immunizations. Screening questionnaires differ from institution to institution, however their purpose of ensuring safe vaccine administration is universal. Vaccines are medications and may not be the best choice for some individuals.

### Examples of important screening questions include:

- Current health status
- Allergies (food or medications including vaccines)
- Chronic health disorders
- Current medications
- Pregnancy status
- Vaccination history

In addition, some vaccines have special contraindications and require additional patient screening questions.

### After Immunization Care

Vaccinations, like other medications, may have side effects that require attention and care. Most of these side effects are minor and may include: redness, soreness, pain, and low grade fever. Often supportive care such as a cold compress or anti-inflammatory medications is recommended for these minor side effects. If symptoms are more severe or persist, it is recommended that you contact a health provider right away. The Vaccine Healthcare Centers (VHC) Network

is a Department of Defense (DOD) organization that provides assistance to service members and their families. VHC team members are clinical vaccine experts who provide answers and clinical consultation to you or your health provider, if a health problem occurs after your shots. The VHC can also help you file a Vaccine Adverse Events Reporting System (VAERS) report and assess the need for a vaccine exemption.

### Safety tips:

- Screening is essential for immunization Safety
- Understand the risks and benefits before vaccination
- Practitioners and patients should maintain records
- Contact VHC for questions and concerns

### Vaccine Related Questions

If you or your healthcare provider has a question about your health after your shot contact, Vaccine Healthcare Centers Network (VHC) at 301-319-2904 during normal business hours (7:30 a.m. to 4 p.m.) or send a secure email to: <https://ASKVHC.wramc.amedd.army.mil>

After hours, weekends, and holidays, call DOD Vaccine Clinical Call Center, 24 hours a day 7 days a week at 866-210-6469 or [www.vh-cinfo.org](http://www.vh-cinfo.org).

## EQUALITY

### Continued from 5

Caleb B. Green, III, a Downrange singer. "Thank you for allowing us to come here and be representative of you. Your excellence is a reflection of each and every one of us."

In addition to the band Downrange, who performed a variety of rock, pop, country and rhythm and blues songs, Walter Reed Bethesda's Spc. Trinity Eubanks, accompanied by pianist Paul Ruskin, performed Alicia Key's song, "Girl on Fire," and Brenda Baisden recited Maya Angelou's poem, "Still I Rise," celebrating women and their achievements. Jamie Rhodes and LaRaé Rhodes, from the Navy Exchange, also sang a version of the song "Titanium."

In his 2013 presidential proclamation for Women's Equality Day, President Barack Obama stated, "As we reflect with pride on decades of progress toward gender equality, we must also resolve to make progress in our time. Today, we honor the pioneers of women's equality by doing our part to realize that great American dream — the dream of a Nation where all things are possible for all people."

People interested in participating in future Bethesda Multicultural Committee events, can contact Ziel-ske at 301-400-3542.



# Health Clinics Relocate for Phase One Construction at Joint Base Andrews

By Melanie Moore  
and Ron Graham  
79th Medical Wing  
Joint Base  
Andrews, Md.



Courtesy photo

The Family Health and Pediatric Clinics will relocate to the Temporary Medical Buildings on the south end of the Malcolm Grow Medical Clinics and Surgery Center (MGMSC) campus Sept. 3, as Phase 1 of the military construction project begins at Joint Base Andrews, Md. These modular trailers are located near the intersection of West Perimeter and Boston Roads.

Most patient parking will also relocate to the current staff parking lot near the Temporary Medical Buildings. A large portion of the patient parking located

near the main entrance of MGMSC will be closed due to construction activities.

Patients may contact the appointment line (1-888-999-1212) to confirm their appointment location. In addition, clinic signage, electronic kiosks, and the Wing's website ([www.79MDW.af.mil](http://www.79MDW.af.mil)), as well as staff members in the clinic, will help to direct patients during the construction.

Phase 1 also includes the relocation of the 779 MDG Education and Training Office to the 2nd floor of the MGMSC, B-wing. This phase of military construction is anticipated to continue through 2014.

The construction project involves multiple phases, and these clinics are expected to operate in the Temporary Medical Buildings well into 2015.

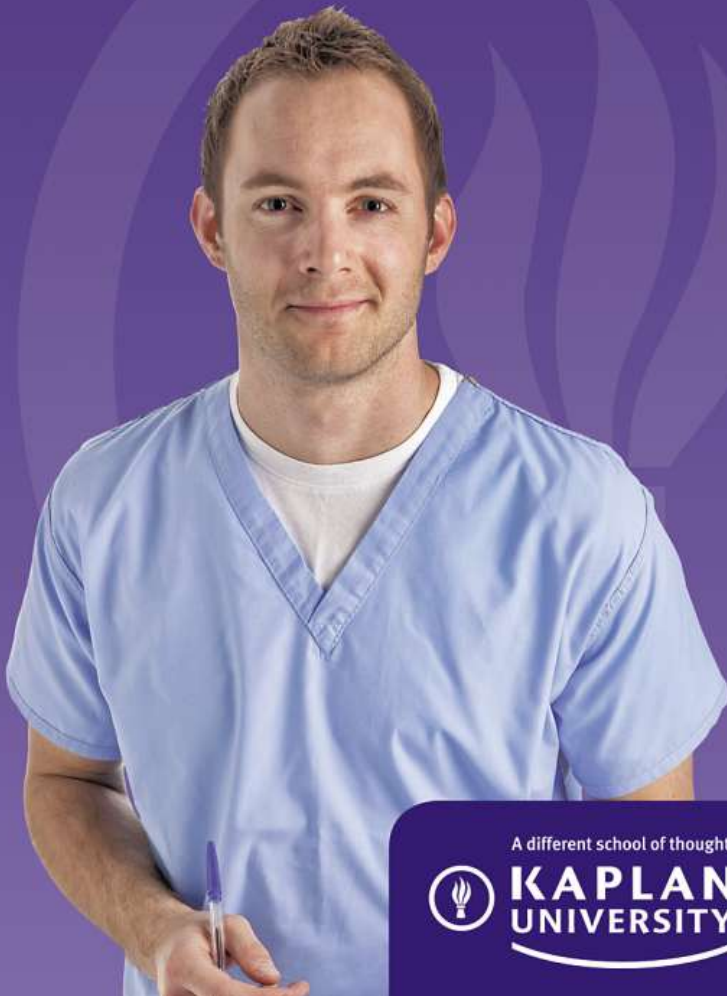
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# Emergency Support Services Gear Up for Disaster Preparedness Month

**By Ryan Hunter**  
NSAB Public Affairs  
staff writer

September is disaster preparedness month and Fleet and Family Services Center (FFSC), American Red Cross, and Naval Support Activity Bethesda (NSAB) emergency management teams seek to prepare residents of Naval Support Activity Bethesda (NSAB) for the worst.

"We are here to educate the community on the resources available, the plans [NSAB residents] should have in place and the steps they should take if a disaster occurs," said Fred Sherris, supervisor for Work and FFSC.

A primary concern to service members this month should be updating assessment system information said NSAB Emergency Manager Ronald Kunz. These systems save emer-

gency services valuable time, allowing them to provide resources and aid to those most at risk in the event of a disaster. However, these systems only work efficiently with accurate information. "We can't help you unless we know you need the help," said Catlin Mullins, life skills educator at FFSC.

Military families should update their information using an online assessment system such as the Navy Family Accountability and Assessment System (NFAAS), Army Disaster Personnel Accountability and Assessment System (ADPASS) or Air Force Personnel Accountability and Assessment System (AFPAAS) at least twice a year. Mullins suggests updating the system "every time a [service member] moves, changes their phone number, gets married or has a child."

The group also identified the need to create go-kits, small stores of non-perishable supplies like food, clean water, first aid and medicine that could sustain a family in distress. "At the Red Cross, we highly recommend everyone have enough supplies to sustain themselves for 72 hours just in case Emergency Management or Red Cross can't get there in time," said Marin Reyness, senior station manager for the Red Cross.

Another tool for disaster preparedness is the Red Cross Hurricane app available for all mobile devices at <http://www.redcross.org/mobile-apps/hurricane-app>. Aside from containing a library of information on disaster preparedness, it gives a great deal of local targeted information. "It links to the national shelter system to show you where every shel-

## Information Table Dates

Sep 5, from 10:00 a.m. to 1:00 p.m. at Main Street in Walter Reed National Military Medical Center

Sep 6, from 11:00 a.m. to 1:00 p.m. at Building 17

Sep 11, from 6:00 to 9:00 a.m. at the Navy Lodge

Sep 11 from 11:00 a.m. to 1:00 p.m. at the Naval Exchange Freedom Run

Sep 12, from 11:00 a.m. to 1:00 p.m. at Building 62

Sep 16, from 11:00 a.m. to 1:00 p.m. at Building 19 WRNMMC

Sep 20, from 11:00 a.m. to 1:00 p.m. at Building 27 JTF CAPMED

Date to Be Announced, from 11:00 a.m. to 1:00 p.m. at Building 70 on Uniform Services University

Sep 27 from 12:00 to 3:00 p.m. at the Naval Exchange

paredness, fire safety, terrorism awareness principles of sheltering and decontamination.

"Odds are in an emergency the first person to respond is going to be a civilian, someone who's not necessarily trained," said Mullins. "The more people that know and are informed, the better we can respond to an emergency together as a community."

The CERT training session will take place Tuesday, from 10 a.m. to 1 p.m. in Building 11, Room 8 and is open to the public.

Those interested in creating their own personal emergency plans or go-kits are also encouraged to attend an Information Table. These meetings will be led by members of FFSC, NSAB emergency services and the Red Cross and can be found at the specified locations (See Graphic) on NSAB throughout the month.

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<sup>1</sup> Based on 2011 Member Communications Trend Survey.

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